



Klickitat County Senior Newsletter

Goldendale 773-3757
White Salmon 493-3068

September 2014

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A big THANK YOU to the **Simcoe Boys** for providing the great musical entertainment at the Annual Senior Picnic that was held in August at Ekone Park.

We had a great turnout and a great picnic.

Thank you Floyd Farrell, Jack Forgy, Roger Gregg, & Greg Rogholt.

FALL PREVENTION DAY Tuesday, September 23

How can older adults prevent falls?

The 7th annual Falls Prevention Awareness Day will be observed on September 23, 2014—the first day of fall.

This year's theme, *Strong Today, Falls Free® Tomorrow*, seeks to raise awareness about how to prevent fall-related injuries among older adults.

You can take several steps to protect your independence and reduce your risk of falling.

You can:

- * Exercise regularly; exercise programs like Tai Chi that increase strength and improve balance are especially good.
- * Ask your doctor or pharmacist to review your medicines—both prescription and over-the-counter—to reduce side effects and interactions.
- * Have your eyes checked by an eye doctor at least once a year.
- * Improve the lighting in your home.
- * Reduce hazards in your home that can lead to falls and broken bones (get rid of throw rugs or tape them down securely).

Dear Marci,

I was in the hospital for about two days. My nurse told me that my stay in the hospital was considered to be an observation stay and that Medicare would pay for my stay differently than an inpatient hospital stay. What is an observation stay?

Nancy (Portland, ME)

Dear Nancy,

An observation stay is an outpatient hospital stay. During this stay, you receive medical services that help the hospital doctor decide whether you should be admitted to the hospital as an inpatient or discharged from the hospital. For example, observation stays may occur if you go to the emergency room and a doctor has to monitor your symptoms. While the symptoms are monitored, the doctors decide whether you should be admitted or discharged.

You are an outpatient during an observation stay even if you stay in the hospital overnight. While observation stays may seem like inpatient hospital stays, staying in the hospital overnight does not make you a hospital inpatient. **You are only considered to be an inpatient if you have been formally admitted into the hospital as a hospital inpatient by a hospital doctor.** If you have not been formally admitted into the hospital as an inpatient, you are considered an outpatient. In general, doctors will admit you as a hospital inpatient if they expect you will need to stay at least two days overnight in the hospital.

Medicare Part A, the hospital insurance part of Medicare, covers inpatient hospital stays. If you get your Medicare benefits through Original Medicare, the traditional Medicare program administered directly through the federal government, Part A covers most inpatient hospital care you receive during your stay. In general, you or your supplemental insurance plan pays a one-time deductible for your hospital stay. After you meet the deductible, you do not have to pay a co-payment for the first 60 days of your inpatient hospital stay. Remember, a deductible is the amount you pay out of your own pocket for health care services you receive, before Medicare starts to pay for some of the cost of your care. A copayment, or copay, is the set amount you pay for care you receive, after Medicare pays for some of the cost of your care.

On the other hand, Medicare Part B, the medical insurance part of Medicare, covers outpatient care, such as health care services you receive while you are under observation in the hospital. If you have Original Medicare, Part B covers outpatient services you receive. If you are under observation in the hospital, you typically pay a 20 percent coinsurance for each medical service you receive in the hospital after you have met your yearly Part B deductible. A coinsurance is the percentage amount you pay for care you receive, after Medicare pays for some of the cost of your care.

If you are in the hospital, you or your family member should ask hospital staff whether you are an inpatient or an outpatient each day during your hospital stay, since this affects what you pay for hospital services. Keep in mind that whether you are an inpatient or outpatient can also affect whether you will qualify for Medicare coverage of skilled nursing facility care. If you have Original Medicare, Medicare will pay for skilled nursing facility care only if you have been in the hospital as a hospital inpatient for three nights in a row. Again, costs and rules may differ if you get your Medicare benefits through a Medicare Advantage plan.

-Marci

Avoiding Scams & Swindles

The Klickitat County Sheriffs Office recently sent out a communication to inform the public of an on-going scam that some of our citizens have experienced recently. The scam involves individuals calling and identifying themselves as IRS agents and demanding that monies be sent to a given address or else the person will be arrested. The caller will typically state that the call is confidential and that the victim is not to tell anyone about the phone call.

In order to protect yourself, **DO NOT** send monies or give out your financial data to anyone that calls you on the telephone. The IRS cautions the public that their agents do not demand money from citizens over the phone and that all correspondence will come in the form of a letter.

Please visit the following link in order to obtain further information on how to inform and protect yourself: www.irs.gov

Far too many older adults fall prey to scammers who are looking to make a quick buck. Here are some tips that can help you steer clear of them and stay safe.

Jury Scam

Beware of a new “jury duty” phone scam on the rise: People claiming to be law enforcement officials have been calling residents in the Spokane area recently, demanding money to stay out of jail for missing jury duty. Spokane police say the scam involves callers telling potential victims they missed jury duty and have a bench warrant for their arrest. The scammer then asks the potential victim for money over the phone. Police advise the public that police officers never call people with warrants to request payment over the phone. If you or your clients receive such a call, hang up and call your local police department to report the incident.

Goldendale Sheriffs Office 773-4545

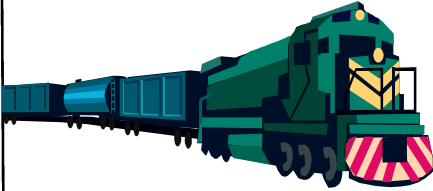
White Salmon Sheriffs Office 493-1811

Medicare Scams

1. Protect your Medicare number as you do your credit card numbers and do not allow anyone else to use it.
2. Be wary of salespeople trying to sell you something they claim will be paid for by Medicare.

Telemarketing Scams

1. Don't buy from an unfamiliar company.
2. Always ask for and wait until you receive written material about any offer or charity.
3. **Always take your time in making a decision.**



Happy 100th Birthday Wishram

On September 20, 2014 Wishram will be 100 years old.

A celebration will be taking place at the Railroad Park at 1pm.
At 4pm a 100 balloon release will take place.



NO White Salmon Health Fair for 2014 The Health Fair is being postponed until Spring 2015

AARP Driver Safety Class

White Salmon AARP Safe Driver Class

An AARP Driver Safety Class taught by Jim Bull is scheduled at the Pioneer Center, 501 NE Washington Avenue. This will be an 8 hour class, divided between two days for 4 hours each.

Date: Monday, September 29 & Tuesday, September 30

Time: 9am to 1pm

Place: Pioneer Center

Register: call Jill at 493-3068

You **must attend both** days for full credit. Students will work through an interesting curriculum emphasizing defensive driving techniques. There are **NO tests, and No driving involved**. Washington State has authorized auto insurance discounts for those who complete this **course**

Goldendale AARP Driver Safety Class at Goldendale Library in the Camplan Room

Date: Monday, October 27th & Tuesday, October 28th

Time: Monday 1pm to 5pm

Tuesday 9pm to 1pm

Call Virginia to Register 773-3757

White Salmon Events

September 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 OFFICE CLOSED LABOR DAY</p>	<p>2 2pm Strong Women</p>	<p>3 9:30am Exercise 10am Mahjong</p>	<p>4 8:15am Yoga Noon Pinochle 2pm Strong Women</p>	<p>5 10:30 Senior Advisory Board Meeting at Dallesport Community Center Huckleberry Festival</p>	<p>6 Huckleberry Festival Bingen</p>
<p>7 Grandparents Day</p>	<p>8 9:30 Exercise</p>	<p>9 2pm Strong Women 4pm Cooking Class</p>	<p>10 HR Shopping 9:30 Exercise 10 Mahjong</p>	<p>11 8:15am Yoga Noon Pinochle 2pm Strong Women</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15 9:30 Exercise 10am Bingo</p>	<p>16 2pm Strong Women</p>	<p>17 9:30 Exercise 10 Mahjong</p>	<p>18 8:15am Yoga Noon Pinochle 2pm Strong Women</p>	<p>19</p>	<p>20 Lyle Homesteading Fair at the Lyle Activity Center</p>
<p>21</p>	<p>22 9:30 Exercise</p>	<p>23 2pm Strong Women</p>	<p>24 9:30 Exercise 10am Mahjong 10am White Salmon Site Committee</p>	<p>25 8:15am Yoga Noon Pinochle 2pm Strong Women</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29 9:30 Exercise 9am to 1pm AARP Safe Driver Class</p>	<p>30 9am to 1pm AARP Safe Driver Class 2pm Strong Women</p>	<p>MUSIC 9/3 Simcoe Boys 9/8 For the Good Times 9/10 Truman Bohler</p>	<p>9/15 Old Time Friends 9/17 Simcoe Boys 9/22 Truman Bohler</p>	<p>9/24 Simcoe Boys 9/29 For The Good Times</p>	






Goldendale Events

September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>LABOR DAY OFFICE CLOSED</p> 	<p>2</p> <p>1pm Exercise</p> 	<p>3</p>	<p>4</p> <p>9:30am Powerful Tools for Caregiv- ers GD library 1pm Exercise 1pm Bingo</p>	<p>5</p> <p>Hood River Shopping</p> <p>Noon Pinochle</p>	<p>6</p>	
<p>7</p> <p>Grandpar- ents Day</p> 	<p>8</p>	<p>9</p> <p>10am Toe Nail Care 1pm Exercise</p> 	<p>10</p> <p>10:30am Caregiver Support Group</p>	<p>11</p> <p>9:30 Powerful Tools for Caregivers class GD Library</p> <p>1pm Exercise 1pm Bingo 1:3pm Zumba</p>	<p>12</p> <p>Noon Pinochle</p>	<p>13</p>
<p>14</p>	<p>15</p>	<p>16</p> <p>1pm Exercise</p> 	<p>17</p> 	<p>18</p> <p>9:30 Powerful Tools for Caregivers 1pm Exercise 1pm Bingo</p>	<p>19</p> <p>The Dalles Shopping</p> <p>Noon Pinochle</p>	<p>20</p> <p>No Golden- dale Senior Break- fast</p>
<p>21</p>	<p>22</p>	<p>23</p> <p>1pm GD Senior Center- Board meeting 1pm Exercise</p>	<p>24</p> 	<p>25</p> <p>9:30 Powerful Tools for Caregiv- ers 1pm Exercise 1pm Bingo 1:30pm Zumba</p>	<p>26</p> <p>Noon Pinochle</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p> <p>1pm Exercise</p> 	<p>Sept. 5th 10:30 Senior Advisory Board Meeting at Dallesport Community Center</p>	<p>MUSIC 9/11 Simcoe Boys 9/19 Jackie 9/25 Simcoe Boys</p>		

September Menu 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENUS SUBJECT to CHANGE	1 OFFICE CLOSED Labor Day	2 GD & Lyle Tator Tot Bake 	3 WS Chef Salad 	4 GD Chef Salad	5	6 Lyle Breakfast 7am to 10am \$6 Adults, Children (6-12) \$3, under 6 free. Lyle Lions
7 Grandparents Day	8 WS Country Steak	9 GD & Lyle Country Steak	10 WS Swedish Meatballs	11 GD Swedish Meatballs	12	13
	15 W5 Spaghetti	16 GD & Lyle Spaghetti	17 WS Chicken	18 GD Chicken	19	20 NO Goldendale Senior Breakfast
21	22 WS Hamburgers 	23 GD & Lyle Hamburgers	24 WS Chicken Enchilada Casserole	25 GD Chicken Enchilada Casserole	26 	27
28	29 WS Salisbury Steak	30 GD & Lyle Salisbury Steak	October 1 Chicken A La King	2 Chicken A La King		

SENIOR MEAL Site Locations

GOLDENDALE: Every Tuesday & Thursday at 12-noon at the Goldendale Senior Center, 115 E Main Street.

WHITE SALMON: Every Monday & Wednesday at 12-noon at the Pioneer Center, 501 NE Washington.

LYLE: Every Tuesday at 12-noon at the Lyle Lions Community Center.

BICKLETON: The 2nd & 4th Tuesday at 11:30am at the Bickleton Grange (Menu posted @ the Market Street Café).

TROUT LAKE: Thursday-September 11th at 5:00pm at Trout Lake School.

\$3.50 is the requested donation for those 60 and older. Spouses of those 60 and older can dine with their spouses at the senior rate. Non-seniors \$6.50 fee.

Persons 60 years of age or older who are homebound and unable to shop or prepare their own meals may be eligible for home delivered meals.

Hot & Frozen Home Delivered meals are available –call Senior Services for more information.

Goldendale 773-3757
White Salmon 493-3068



The Age Wave

A Candidates' Forum on Washington's Aging Readiness

State Legislative Candidates from the 14th, 17th, 18th, 19th, 20th, 49th
Legislative Districts have been invited

Thursday, September 18, 2014 5:30 – 7:30 p.m.
Gaiser Student Center, Clark College
1933 Fort Vancouver Way, Vancouver, WA

Event is free and open to the public. Seating is limited.
R.S.V.P. to Karen Wolfe at 360-735-5721 or wolfekm@dshs.wa.gov

If you need accommodations for this event, please contact
Karen Wolfe by September 8, 2014.

Coordinated by the Area Agency on Aging and Disabilities of Southwest Washington
and its Advisory Council

Sponsors include AARP, ElderCare Alliance, Washington Association of Area Agencies on Aging,
and the Washington State Senior Citizens' Lobby

KLICKITAT

**Meals will be served at one & there is a
charge of \$3 per person**

Any questions call 369-3985

Dates: 1st & 3rd Wednesday

Time: 1pm

Place: Grace Lutheran Church Parsonage

**This meal is not sponsored by KCSS

Volunteer Hours

July HOURS

TRANSPORTATION	592.25	Hours
NUTRITION	845.5	Hours
NEWSLETTER	16	Hours
SR. EXERCISE	19	Hours
MUSICIANS	18	Hours

Physical Activity is Important

Physical activity is any body movement that uses energy. It includes not only sports, but also daily activities such as house or yard work and walking. Regular physical activity helps keep the heart, lungs, bones, muscles, and joints healthy. It also helps:

- ◆ Improves energy level, self-esteem and sense of wellbeing.
- ◆ Decreases stress and depression.
- ◆ Manage weight.
- ◆ Increase strength and flexibility.
- ◆ Decrease the risk of heart disease, high blood pressure, obesity, some types of cancer and osteoporosis.
- ◆ Improve balance and coordination.



Aim for at least 30 minutes of moderate intensity activity most days of the week. Try walking briskly or climbing stairs. At least twice a week do smooth stretching exercises. Stretch after your moderate-intensity activity when your muscles are warm.

Beating the Barriers

Not enough time: The goal is at least 30 minutes activity during the day. It doesn't have to be all at once!

Too boring: Choose activities that you enjoy. Vary activities and routines.

Not motivated: Set realistic short and long term goals. Reward yourself when you reach them!

Not enough energy: Physical activity actually increases your energy level.

Keeping it Safe

Get a check up. Talk to your health care provider before increasing your physical activity.

Stay hydrated. Drink water before, during and after your activity.

Warm up and cool down. Light activity and stretching reduces your risk of injury.

Be cautious. Tell someone where you are going and wear reflective clothing at night.

Medicare D Prescription Drug Plan PRESENTATIONS

Open Enrollment Medicare D is just around the corner for more information you are welcome to attend any of our presentations

Lyle meal site (Lyle Lions Community Center) 12pm Tuesday, October 14

White Salmon meal site (Pioneer Center) 12pm Monday, October 13

Trout Lake meal site (Trout Lake School) 5pm Thursday, November 13

Goldendale area:

Goldendale meal site (Senior Center) 12pm Tuesday, October 7

Bickleton meal site (Grange Hall) 12pm Tuesday, October 14

Goldendale Library Thursday, October 16th 10:30 to 11:30am.

Goldendale Chamber luncheon at the Glass Onion, Thursday, November 6th at 12pm

2014 Part D Questions?

Klickitat County Senior Services will provide individual appointments. Make your appointment now!

Goldendale call Virginia at 773-3757

White Salmon call Jill at 493-3068

Open Enrollment: October 15 to December 7

What to bring to your appointment:

1. A current list of all your medications with dosage & frequency

Or

All your medications in the original bottles

2. Your Medicare ID card

3. Any letters you want reviewed

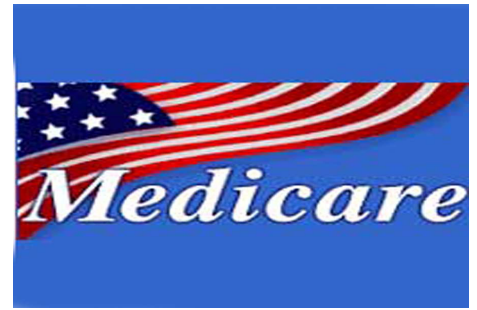
WE DO NOT SELL INSURANCE!

We provide **YOU** with the information **YOU** need to make an informed decision about your health insurance coverage.



Focus on: SHIBA

SHIBA (Statewide Health Insurance Benefits Advisors) provides free, unbiased information about health care coverage and access. We cultivate community commitment through partnerships, service and volunteering. Klickitat County has currently 4 specially trained volunteers serving. But we can always use more volunteers.



What can't we do?

We can assist you with your insurance options, but we cannot **choose** a plan for you. However, we can provide you with the information you need to make an informed decision yourself.

What can we do?

We can review your current coverage and help you determine if you have adequate coverage for the dollars you spend. We can help you during the Open Enrollment Period if you want to change your coverage. We can help you if you are new to Medicare and are unsure of all the steps you need to take.

Volunteers are needed!

It takes a special type of person to be a SHIBA volunteer. Information is provided by a the Washington State Office of Insurance Commissioner. Volunteers must complete a two-day Basic Training, and then attend regular Up-Date trainings during the year. You provide information to individuals to answer their questions, and then there is data entry to complete! A medical or medical billing background can be helpful, but is not necessary. What is necessary is a desire to help the community, the desire to learn detailed information regarding medical insurance, and a computer.

If you are interest in becoming a SHIBA volunteer, call Klickitat County Senior Services.

Goldendale: 773-3757 White Salmon: 493-3068

**Senior Newsletter Edited by
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and Jill Parrott**

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Non-Profit Organization

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Permit #77

Grandparents Day, September 7th

National Grandparents Day was created:

To honor grandparents.

To give grandparents an opportunity to show love for their children's children.

To help children become aware of the strength, information and guidance older people can offer.

"Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children." Alex Haley

